

8 Keys to Keeping Your Healing

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Many of you have been delivered and set free from a lot of pain. Now you have to go to the next level to keep your healing.

1 • 'Forgive' ... Daily...

- Remember that hurt people hurt other people but healing only comes through forgiveness. Who hurt the person who has hurt you? And if you and I do not Forgive, God will not forgive us.

Mark 11:25-26 - But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. But if you refuse to forgive, your Father in heaven will not forgive your sins.

Matthew 6:15 - But if you refuse to forgive others, your Father will not forgive your sins.

Matthew 5:44 - But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

Ephesians 4:26-32 - And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, [b] guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

To keep your healing:

2. You must get in the Word of God and study and memorize scripture and hide the Word in your heart.

Joshua 1:8-9 - *Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. ⁹ This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.*

3. Guard your tongue for out of it flows a wellspring of life or the issues of life.

Proverbs 18:21 - *There is life and death in the power of the tongue...*

- Speak life giving words (positive - the Word) not death words (negativity and your circumstances). Speak the Word only!
- Your mouth is a two-edged sword when you speak the Word.

Hebrews 4:12 - *For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

Revelation 1:16 - *And he had in his right hand seven stars: and out of his mouth went a sharp two-edged sword: and his countenance was as the sun shineth in his strength.*

- You /Your tongue becomes a two-edged sword when you speak God's Word.

Proverbs 6:2 - *You are snared with the words of your lips, you are caught by the speech of your mouth.*

Psalms 141:3 - *Set a guard, O Lord, before my mouth; keep watch at the door of my lips.*

4. Guard your thoughts.

Proverbs 23:7 - *As a man thinks so is he.*

- What you think about you do bring about and what you speak into the atmosphere does manifest.
- What comes out of you in a crisis reveals what is in you.
- Renew your mind, and do not remember the former things and do not consider the things of old for God has begun a New thing in you.

IF YOU CHANGE YOUR THINKING YOU WILL CHANGE YOUR WORLD.

Isaiah 43:18-19 - Do not [earnestly] remember the former things; neither consider the things of old. Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.

Romans 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

a. What if every word you speak over the next 30 days happened?

b. What if every thought you think over the next 30 days happened?

c. Would you watch what you think about or say more carefully?

- You are prophesying your future right now by what you say.

Mark 11:24 - Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

My challenge to you over the next 30 days is to guard your thoughts and the words you speak!

- If you pray one thing and you think another you are canceling out your prayers!

2 Chronicles 7:14 - If my people who are called by my name will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, then I will forgive their sins and heal their land.

5. Pray and spend time with Father God.

You must:

1. Humble yourself
2. Pray
3. Seek God's face
4. Turn from your sin

Jeremiah 33:3 says: *when you call upon the Name of the Lord, He will hear you, He will answer you and He will show you great and mighty things which you know not of.*

3 Keys to your prayers being answered:

1. Ask

James 1:6-8 - *But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord. ⁸ Their loyalty is divided between God and the world, and they are unstable in everything they do.*

Matthew 6:8 - *Don't be like them, for your Father knows exactly what you need even before you ask him!*

Matthew 7:7-8 - *Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. ⁸For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.*

- He tells us in **Matthew 6** that He knows what you need before you even ask, yet the next chapter says to ask, believing for what we need. Even though He already knows what we need, He wants us to bring our needs to Him and ask and if we ask not, James says we have not.
 - a. **Be specific/decisive** - do not be double-minded, that makes you unstable in all your ways.
 - b. **Find and Read scriptures that Promise the answers you need.**

Joshua 1:8 - Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

Romans 10:17 - So faith comes from hearing, that is, hearing the Good News about Christ.

2. Believe that you Receive

Mark 11:23-24 - I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart. ²⁴ I tell you, you can pray for anything, and if you believe that you've received it, it will be yours.

Romans 3:4 - Of course not! Even if everyone else is a liar, God is true. As the Scriptures say about him, "You will be proved right in what you say, and you will win your case in court."

- If you do not believe you will receive - then don't waste your time asking the Father. When you pray believe that you receive and you shall have it. We walk by faith and not by sight. All we have to do is ask God for the things we need and if we believe we shall have them. Do not doubt.
- God will always be faithful.

3. Take communion daily to continue the healing process... Communion is the meal that heals.

- Read **1 Corinthians 11:23-33** every morning. Spend time examining your heart and repent before you take communion.
1 Corinthians 11:23-33 - For I received from the Lord Himself that which I passed on to you [it was given to me personally], that the Lord Jesus on the night when He was treacherously delivered up and while His betrayal was in progress took bread,
²⁴And when He had given thanks, He broke [it] and said, Take, eat. This is My body, which is broken for you. Do this to call Me [affectionately] to remembrance.
²⁵Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. Do this, as often as you drink [it], to call Me [affectionately] to remembrance.
²⁶For every time you eat this bread and drink this cup, you are representing and signifying and proclaiming the fact of the Lord's death until He comes [again].

²⁷So then whoever eats the bread or drinks the cup of the Lord in a way that is unworthy [of Him] will be guilty of [profaning and sinning against] the body and blood of the Lord.

²⁸Let a man [thoroughly] examine himself, and [only when he has done] so should he eat of the bread and drink of the cup.

²⁹For anyone who eats and drinks without discriminating and recognizing with due appreciation that [it is Christ's] body, eats and drinks a sentence (a verdict of judgment) upon himself.

³⁰That [careless and unworthy participation] is the reason many of you are weak and sickly, and quite enough of you have fallen into the sleep of death.

³¹For if we searchingly examined ourselves [detecting our shortcomings and recognizing our own condition], we should not be judged and penalty decreed [by the divine judgment].

³²But when we [fall short and] are judged by the Lord, we are disciplined and chastened, so that we may not [finally] be condemned [to eternal punishment along] with the world.

³³So then, my brothers, when you gather together to eat [the Lord's Supper], wait for one another.

6. Talk to God like He is your daddy- because He is.

7. Get a notepad and pen and take it with you when you pray, if you need direction, God will speak to you. Then sit quietly - not talking - and listen. Whatever comes to you write it down.

8. You need to get Wisdom. Read a Proverbs a day. There are 31 chapters of Proverbs, one for every day of the month. Then begin reading it over and over again each month. You will find many days you need to make a decision and don't know what to do... you will find your answer in your Proverbs of the day!

Print this out and begin doing it every day and your life will be transformed! These are keys that will define your future. I love you and I ask God to bless everything your hands touch.

-Judy